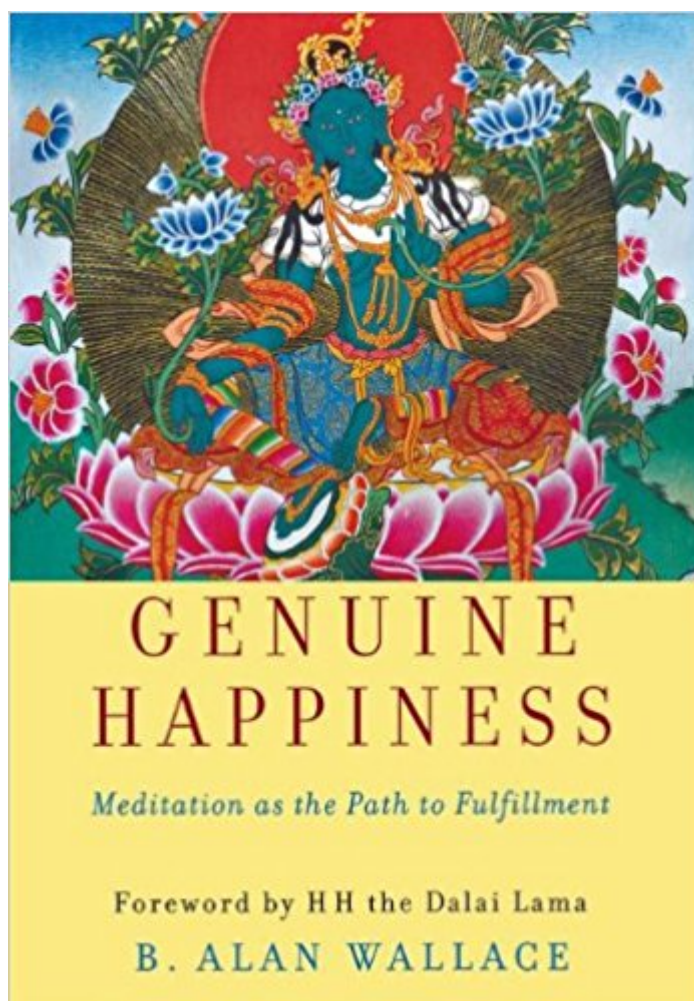


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Genuine Happiness: Meditation As The Path To Fulfillment



Synopsis

Discover your personal path to bliss""This book will give anyone interested in the spectrum of core meditative practices stemming from the Buddhist tradition but in essence universal the deepest of perspectives on what is possible for us as human beings as well as excellent guidance in the essential, time-tested attitudes and practices for actualizing our innate capacity for wisdom, compassion, and well-being, right here and right now.""Ãâââ•Jon Kabat-Zinn, author of *Coming to Our Senses* and *Full Catastrophe Living*""In *Genuine Happiness*, Alan Wallace displays his rare talent in boiling down the complex to the clear and in guiding readers through a practical path to contentment. A gift for all moods and seasons.""Ãâââ•Daniel Goleman, author of *Emotional Intelligence: Why It Can Matter More Than IQ*""This lucid and rich book offers brilliant, wise, and accessible teachings on the essentials of four core meditation techniques that lead one to genuine joy and happiness. Alan Wallace's years of practice and teaching shine through every page, as with ease and great humanity, he brings to the reader the possibility of liberation.""Ãâââ•Joan Halifax Roshi, abbot of Upaya Zen Center""*Genuine Happiness* is a treasure chest of wisdom: clear, inspiring teaching jewels. It is an excellent support for any student of meditation.""Ãâââ•Sharon Salzberg, author of *Faith: Trusting Your Own Deepest Experience*In today's overstimulated world, many are realizing that happiness gained through material wealth and frivolous conquests is short-lived. To achieve long-term happiness, you must access your own bountiful resourcesÃâââ•housed in your heart and mind. In *Genuine Happiness*, longtime Buddhist practitioner Alan Wallace shows you the path to bliss.Drawing on more than three decades of study under His Holiness the Dalai Lama and sixty other teachers, as well as 2,500 years of Buddhist tradition, Alan Wallace guides you step by step through five simple yet powerful meditations to help you focus your mind and open your heart to true happiness. Featuring a Foreword by the Dalai Lama, this book will help you discover that it is possible to experience genuine happiness every day.As you incorporate the meditations from *Genuine Happiness* into your life, you will discover that the joy you've sought has always been only a few meditative minutes away.

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Customer Reviews

Wallace, founder of the Santa Barbara Institute for Consciousness Studies, explores key Buddhist meditation-related concepts that aid the "conquest of our inner obscurations" and "present a path to inner fulfillment and human flourishing." He first examines several particular methods—such as "mindfulness of breathing"—for cultivating shamatha, a state of "meditative quiescence" in which people's capacity for attention is refined and stabilized. They can then use these techniques to make a direct, delusion-free investigation of their own bodies, feelings and thoughts. These insights, in turn, help them nurture hearts of compassion and equanimity and, ultimately, realize more advanced teachings such as cultivating bodhichitta (a "spirit of awakening"), dream yoga and a highly developed meditation technique known as dzogchen. Wallace's discussions are usually clear and helpful (on why meditation works: "sustained, continuous effort can actually reconfigure your brain"), and his questions invite readers to see for themselves if his assertions resonate. Moreover, each chapter contains guided meditations to help readers encounter the teachings more directly. Nevertheless, the text can become dense and self-referential, and if readers miss a particular point early on, the effectiveness of later sections may be lessened. The result is a solid—if advanced—examination of some key Buddhist meditation techniques that will appeal to the serious student more than the casual seeker. (Apr.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

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Chaucer had very few books on his bookshelf. I have thousands, but if I had to reduce their numbers to a Chaucerian handful this would be one of them. It is the best book I have found about meditation, both as a rationale for it and as a how to do it handbook. The author, who has spent many years pursuing 'genuine happiness' in like manner, sometimes in quite uncomfortable physical circumstances, has earned our attention and confidence that this is not just another pop psychology book written more to enhance the author's pocketbook than the enlightenment of mankind.

I found this book extremely useful. I had been meditating already but needed more understanding and more direction regarding meditation. I read all the way through, doing the meditations described, and then re-read most of it and re-did the meditations. This book explains things in a way that a Westerner can understand and yet it's genuine in helping one to attain various meditative states. I read through or skimmed through a number of other books on meditation. This is the one that I could sink my teeth into and really use.

I own several of Alan Wallace's books. I like them all. He presents information from a Western perspective, which I find easier to understand. Here there are specific meditation techniques presented in detail. You are encouraged to practice for a while at each stage using the suggested exercises before continuing on in the book. This book serves as a nice checklist for a complete Buddhist meditation practice, including meditative quiescence (Shamatha), (Buddhist) wisdom

meditation, dream yoga and more. Alan Wallace's other book, "The Attention Revolution: Unlocking the Power of the Focused Mind" would be more appropriate if your interest is specifically in meditative quiescence (mind training).

B. Alan Wallace is the future of Consciousness Studies / Neuroscience / Western Buddhism. His books tend to be at least somewhat scholarly (sometimes very much so) but are always readable. Read Wallace for in-depth and intellectual Buddhism -- as opposed to someone like Sylvia Boorstein who is extremely delightful and inspiring, but writes in less scholarly fashion and aims squarely for the practical.

There are books that you read, you enjoy, & you gradually forget; there are books that you read, you think, & you apply the underlying wisdom to your life. Allan Wallace's 'Genuine Happiness' is certainly the second type; it's actually one of the rare & precious books that I would treasure for the rest of my life. Wallace's writing is highly concise; he presents the wisdom of Buddhist meditation practice in a coherent, humane & pragmatic manner that anyone with any cultural or spiritual background can appreciate, value & apply.

After four years of formal meditation that I have practiced on and off again. Its only after purchasing this book, reading Alan Wallace's direction and guidance to the "path to fulfillment" that I have begun to refine my meditation practice. This hardbound book is already well worn, for I use it as a reference manual to my daily meditation practice. GREAT resource manual for all serious meditators. I highly recommend.

I bought this book after reading a library copy. This book helps maintain the correct perspective during everyday life. If you are interested in meditation and stress relief with a buddhist-inspired approach, you may enjoy this book.

This is a meditation manual stripped free of cultural baggage and faith based ritual. Even those with strong obstacles (like the hard core intellectual objector or the excuse maker) could get somewhere by following this book. I have given away at least 10 copies of this book to sangha and interested laity. Highly recommended.

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